

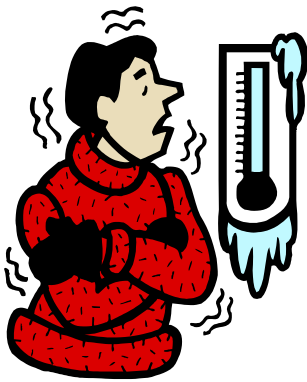


Short Safety Subject

Short Safety Subjects are provided by the Public Safety Business Center, Fort Bragg, NC. Our intent is to provide safety topics for the purpose of increasing safety awareness and improving safety performance. Additional Short Safety Subjects are available on the PSBC Business Management Web Site at:

www.bragg.army.mil/psbc-bm/PubsAndForms/ShortSafetySubjects.htm

Cold - Protect Your Body



A good memory device for the use and care of your clothing in wet or dry cold conditions is the word "COLD."

- Keep it Clean.
- Avoid Overheating.
- Wear it Loose in layers.
- Keep it Dry.

Think Cold

And always follow the instructions labels in your clothing.

A standard number of clothing layers cannot be prescribed for universal wear, but the following principles are recommended to protect against injury:

1. Wear enough layers to allow flexibility for local weather changes. Several layers of medium-weight clothing provide more insulation than one piece of heavy clothing. The layers trap air between them, and this adds to the insulation's effectiveness.
2. Wear clothing loosely so as not to restrict blood circulation. As your body heats up during physical activity, remove excess layers of clothing.
3. Keep clothing clean, because dirty and grease clog air spaces and reduce insulation. Also repair torn clothing and avoid wetness to prevent insulation loss.
4. Wear clothing and footgear loosely to allow good blood circulation, and to provide ventilation necessary for insulation.
5. Protect hands with mittens or gloves. Mittens are more protective than gloves. Do not touch metal or other cold objects with bare hands.

During periods of extreme cold when you are inactive, wear the parka with liner. However, do not overdress to the point that you perspire. It is better to be a little cool rather than too hot. Do not dry nylon liners too near heat; too much heat will melt the nylon and destroy the insulating value.

Keep your head covered! A warm head will even keep your feet warm.